

HIGH FLYER

IN GOD WE TRUST, ALL OTHERS WE MONITOR

VOL. 10, ISSUE 11

SERVING THE BEALE AIR FORCE BASE, CALIF., COMMUNITY

MARCH 17, 2006

Deployed engineers support fight

By Army Spc.
Barbara Ospina
1st Brigade Combat Team
Public Affairs

MOSUL, Iraq — Air Force engineers from the 557th Expeditionary Red Horse Squadron are supporting Bastogne Soldiers from 1st Battalion, 327th Infantry near Hawijah, Iraq, by increasing the quality of living on forward operating base McHenry.

"It's a mission worth supporting," said 2nd Lt. Tim Brodman, the officer in charge of the Red Horse detachment, and a deployed Beale Airman. "Working with the people here has been tremendous."

Air Force engineers arrived at the small FOB in January, and have been working non-stop since.

After completing a new medical aid station, three sea

huts (wooden multipurpose buildings), a military dog training course, new containerized housing units, and a modified post exchange, the Airmen said their list of projects is drawing to a close.

"Our team started out at 23 (people)," Lieutenant Brodman said. "Since the last of our projects are almost complete we are gradually sending Airmen back to Mosul."

With only 15 Airmen still working on the FOB, the work they are accomplishing is still top of the line.

"(The new aid station) is really nice, and we will be able to treat more patients," said Army Capt. Mark Demuth, battalion surgeon at FOB McHenry. "It was all a team effort to develop and design the aid station."

The engineers' accomplishments run throughout the *see ENGINEER, page 3*



Air Force engineers from the 557th Expeditionary Red Horse Squadron work to improve the quality of living at forward operating base McHenry. (Photo by Army Spc. Barbara Ospina)

Beale Airman found guilty of controlled substance abuse

By 9th RW Judge Advocates office

A special court-martial was held at Beale on Feb. 24, in the case of the United States versus Airman 1st Class Chyenne Zimmerman, 9th Aircraft Maintenance Squadron.

Airman Zimmerman was charged with one count of wrongful use of a controlled substance, methamphetamine. Airman Zimmerman pled guilty to the charge, admitting that he knowingly and wrongfully used methamphetamine.

Capt. Daniel Schoeni, 9th Reconnaissance Wing Judge Advocate office, with the assistance of Capt. Sara Swart, 9th RW/JA, and paralegal Staff Sgt. Jenny Smith, represented the government.

During the sentencing phase of the trial, the government argued that Airman Zimmerman did not deserve to wear any stripes. Airman Zimmerman was sentenced to three months confinement, forfeitures of \$849 pay per month for three months and reduction to the rank of airman basic.

Auditorium to be dedicated to major

By Airman 1st Class
George Cloutier
9th RW Public Affairs

The 99th Reconnaissance Squadron is dedicating their theater in honor of Maj. Duane Dively March 24 at 3:30 p.m.

Major Dively was killed on June 22 when his U-2

crashed while supporting Operation Enduring Freedom.

"Major Dively was a highly experienced U-2 Instructor Pilot and had trained many of the current U-2 pilots," said Maj. Christopher Burns, U-2 pilot for the 1st Reconnaissance Squadron. "His reputation as a superb aviator *see DEDICATE, page 3*

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How do you think supervisors could be better mentors?
Find out what others thought on Page 4.

OPEN LINE



The Open Line is your direct line to the 9th Reconnaissance Wing commander. The Open Line is used to ask questions, make suggestions, or give thanks for a job well done. The most efficient way to solve an issue is to work through the relevant office and use the chain of command. If you are unable to resolve the issue, or are not satisfied with the response, call the Open

Line. If you would like to receive a response, leave your name and phone number with your message. Open Lines of general interest will be published in the High Flyer; others will be answered by letter, phone or in person.

Open Line number:

634-8888

Open Line e-mail:

9RWPA@beale.af.mil

Brig. Gen. Lawrence Wells is the 9th Reconnaissance Wing commander at Beale. (Courtesy photo)

Balancing Air Force, family life

By Maj. Lisa McColgan
5th Services Squadron commander

MINOT AIR FORCE BASE, N.D. — As a working parent, I am sometimes asked how I “fit it all in.”

I don’t think about it often, but when I do, I realize that creating balance in my life is the most important decision I make.

We weigh the advantages and disadvantages, make a decision and then stick to it. Then, our attitude determines the success of those decisions. Being a commander, wife, mother and friend means there are never enough hours in the day. It’s not easy balancing work, home, church and social demands, but with a positive attitude and teamwork we can “fit it all in.”

Prioritize — everyday. You’ll never be able to do everything. Letting go of daily routines can prove difficult but you get to choose what things must be done each day. I can’t reschedule my son’s hockey or basketball games, but I can review staff packages later in the evening or the next day.

Some days the mission must come first, and the basketball game can get taped (technology is truly amazing). Each of us has to decide how to use our time as wisely as possible and make the most of it.

Simple things such as a goodnight story or listening to how a spouse’s day went are often the most important activities of all. To have balance in life, it’s important to re-

member that. Often, I get distracted by the e-mail awaiting my attention, but I try to remind myself to strike a balance and head home to my family.

Positive attitude — always. Some days are easier than others; that’s life. However, even on the tough days, a positive attitude and a smile will help get you through them.

In services, we train on customer service techniques — a smile and a friendly greeting are one of the basics. Try to remember that when you’re attempting to scramble from one meeting to the next while your inbox is piling up and you know you have to get to your physical health assessment.

We’ve all been there and felt that stress — the attitude we take to “fit it all in” makes the difference.

Communicate — so all understand. It’s amazing how understanding everyone is if you just explain why and what you’re doing. Even children have a better attitude if you tell them why you’ve got to stay at the office and that you’ll do something special with them at a later time. Just make sure you stick to that later date.

My work team is very understanding when I explain that I have to run out for a parent teacher conference, but I’ll get their package to them by the end of the day.

Communication allows everyone to be on the same page and to voice their opinion. It allows us to explain our position on a given situation and gives an ultimate game plan

to those you may be affecting.

Family — your own and your Air Force family. Remember that you always have someone to rely on. Learn to ask for help when you need it. It’s all about teamwork, both at home and at work.

Either one of your families will pitch in and help if you simply ask. We’ve all been trained to be solid wingmen; that’s important both on and off duty. When you notice someone struggling at work, ask if you can help out with a project or watch their children for an hour so they can fit in a workout — stress relief.

At home, remind your family that if everyone pitches in with the chores you can all play a game together later that night. No one knows better than you what you need help with. Don’t be too proud to ask.

You may not always feel in control but consciously thinking about how to manage the details will help you manage the balance between work and home. Make sure you challenge yourself to not get too overwhelmed by work and miss out on family life or feel too tired to enjoy a social life.

Work smart and play smart. You can make sure you “fit them all in” by working your priorities.

And remember to schedule in at least one full week of leave during the calendar year. We all need a break to refresh ourselves. That’ll keep you one step ahead of the game, most of the time.

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| Sortie Update as of March 13 | | | |
|---------------------------------|--------|---------|-----|
| | 1st RS | 99th RS | |
| Aircraft | U-2 | T-38 | U-2 |
| Goal | 82 | 328 | 130 |
| Flown | 30 | 125 | 57 |
| Ahead/Behind | -5 | -18 | 1 |

BAADD SAVES

45

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ENGINEER from page 1

FOB, affecting all of the Soldiers.

"You can see the change in the Soldiers' attitudes because of the work we are doing here," said Staff Sgt. Delbert Johnson, also a deployed Beale Airman. "You definitely notice a confidence boost."

Although the unit started out with a specific list of projects, they have been more than willing to support the infantrymen of FOB McHenry in any way they can.

With the rain falling constantly over a four-week span, the ground in one section of CHUs was flooded. Noticing the problem, the engineers dug a long trench leading into a large "Olympic swimming pool" hole. Within hours all of the water was drained.

"When Soldiers stepped out of their door they were walking through about six inches of water," Lieutenant Brodman said. "We had the equipment and time to fix the prob-

lem, so we did. That was definitely one of the most rewarding projects we have accomplished here."

The Airmen may have come to FOB McHenry supporting the Army's mission, but the Soldiers of the battalion have done their best to support the engineers in return.

According to Lieutenant Brodman, there have been numerous times when they did not have enough material to accomplish a task and the battalion staff used a variety of channels to obtain the needed supplies.

No matter how small or large the projects, the Air Force engineers said they are proud to be supporting the Bastogne Soldiers of 1st Battalion, and enjoy the atmosphere on the FOB as well.

"I love it here," Sergeant Johnson said. "I have a better sense of pride about the work we are doing here."

Beale's First Sergeant's Council**Diamond Tips**

Women's Hair: Scrunchies are prohibited as a hair accessory, and hair pins and bands will match the hair color. (Reverses 96th Air Force Uniform Board.) Additionally, long hair will be secured with no loose ends, meaning a ponytail can be braided or curled but it must be pinned down to the head. Hair color/highlights will not be faddish and will be natural; shaved head or flat top hairstyles are not authorized. Braids, micro-braids and cornrows are authorized.

Women's Purses: Plain black leather or vinyl without ornamentation, with or without foldover flap, with or without single silver or gold colored clasp. Purse may have adjustable shoulder strap with or without buckles; may be patent leather or high gloss not to exceed 13 x 9 x 4 1/2 inches deep.

**WARRIOR SPOTLIGHT****Airman 1st Class Elvis Gonzalez**

Unit: 7th Space Warning Squadron

Job: Space console operator

Hometown: Villalba, Puerto Rico

Air Force goals: To finish my college degree in computer science

Time in the Air Force: One and a half years

Hobbies: Softball, video games, playing with my son and watching movies

The thing I like best about Beale

AFB: I like the weather because it reminds me of home. I also like the fact that I am stationed so close to so many tourist locations.



Airman 1st Class Elvis Gonzalez uses a satellite tracking system to monitor missile warning events and space surveillance actions. (Photo by Airman Robert Biermann)

DEDICATE from page 1

and top-notch Instructor Pilot is a legacy that will be forever remembered within the celebrated history of the U-2 program. Naming the theater in his honor is a small, but dignified way to honor his service and sacrifice."

The theater will be renamed the Major Duane W. Dively Memorial Theater.

A picture of Major Dively as well as a plaque with a short biography will be displayed in his honor.

Three special lithographs of Major Dively have been made. One will given to his wife, one to his parents, and one will be placed in the theater.

"It is a responsibility of all of us within the military community to honor those who have gone before, and those who have made the ultimate sacrifice in the name of freedom and democracy," Major Burns said. "As such, Major Dively's loss should never be forgotten, and we honor his loss by dedicating the theater to him. We forever remember that he is gone, but not forgotten, and that those things he taught us must continue to be passed on to those who come after us. Those of us he left behind still remember well many of the lessons he taught us, both in terms of aviation and life in general."

**For a safe ride home,
call BAADD. Make it
home safe tonight.
634-5555**

"How can supervisors be better mentors?"



Tech. Sgt. Rachel Niswonger, Defense Paralegal for the Area Defense Counsel



Airman 1st Class Carlos Estrada, 9th Operations Support Squadron intelligence analyst apprentice



Staff Sgt. Thomas Akers, 9th Mission Support Squadron Airman Leadership School instructor



Master Sgt. William Busch, NCO-in-charge of readiness for the 940th Services Flight



Lt. Col. Richard Spearman, Chaplain for the 9th Reconnaissance Wing

"Lead by example. Don't tell your troops to do something you wouldn't do yourself. Set the standard and live by it."

"NCOs should lead by example. The whole do as I say not as I do doesn't really work. If you really want to be a leader you should stay true to your values."

"Mentoring is the most crucial aspect of being a supervisor. It's the NCO's responsibility to look after their subordinates. If there was more mentoring there would be less Airmen getting in trouble."

"Conduct your mentoring sessions one-on-one. You want to develop a personal relationship with your troops."

"The key for me is observing and listening. If I mentor someone I have to know where they're coming from."

Commissaries take steps to stop counterfeit coupons

By Rick Brink
Defense Commissary Agency

FORT LEE, Va. — Be careful how you get your Internet coupons, say Defense Commissary Agency officials.

They are alerting customers about a recent rise in the use of fraudulent Internet or home-printed coupons and steps the agency has taken to address the issue.

"Counterfeit coupons are circulating on the Internet through auction services, message boards, e-mails and other means causing millions of dollars in losses to the grocery industry," said Scott Simpson, DeCA's chief operating officer.

Commissaries gladly accept Internet or home-printed coupons provided they meet these requirements: the coupons must have "dot-scan" bars below expiration dates or bar codes with Product Identification Numbers, or PINs, and they can't be for free products.

Legitimate Internet coupons are featuring new dot-scan bars below their expiration dates. The dot-scan bars look like bar codes with broken bar patterns.

This is an expansion of acceptance criteria for home-printed coupons because counterfeit coupons have shown up recently in commissaries and other supermarkets nationwide. Officials are pointing to Internet trading as the source of the counterfeit coupons.

Fraudulent coupons presented recently at commissaries were for products ranging from laundry detergents and deli meats to sodas and over-the-counter medications.

Defining more stringent requirements for stores to accept home-printed coupons is one phase of action the agency is taking to combat the problem. Educating customers about how to avoid getting taken by counterfeit coupons is the other phase, and it's been described as the best line of defense against possible fraud, Mr. Simpson said.

People who purchase or trade coupons are inherently at risk of receiving counterfeit coupons, therefore customers shouldn't buy or trade for coupons.

The sale or transfer of coupons is a violation of virtually all manufacturers' coupon redemption policies, according to the Coupon Information

Center — a coupon industry watchdog. These policies are printed on the coupons.

Customers can be assured they are not obtaining counterfeits if they get their coupons directly from newspapers or magazines, directly from a manufacturer or from some other legitimate coupon channel including Internet sites.

Here are some tips to avoid possible counterfeit coupons:

- Look for the dot-scan bar below the expiration date on Internet coupons. If they don't have a dot-scan bar, look for a PIN and bar code. Many now have both a dot-scan bar along with a PIN and bar code.

- Look out for coupons printed on photocopy, plain white, photographic or card stock and coupons with fuzzy images or misspelled words.

- Look out for unusually long expiration dates.

- Look out for coupons sent in electronic format by someone other than a manufacturer or its authorized representative.

- Look out for coupons with printing on only one side.

- Look out for multiple coupons

"Counterfeit coupons are ... causing millions of dollars in losses to the grocery industry,"

**Scott Simpson
DeCA's chief operating officer.**

for the same product with identical PINs.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a five-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers can save an average of 30 percent or more on their purchases compared to commercial prices — savings worth about \$2,700 annually for a family of four.

Community Briefs

Deadline for High Flyer submissions

The deadline for submissions to the High Flyer is Friday the week prior to the desired publication date. Submissions are printed based on a space available basis.

Any submissions submitted after the deadline will not be published until the next week. News briefs will run for no more than three consecutive weeks. For questions or more information, call 634-8887.

Volunteer of the Quarter

The Volunteer of the Quarter award has been established to recognize Beale personnel for their volunteer service and enhance their visibility throughout the base. This award consists of four different categories: military, civilian, community and youth volunteer.

All military, federal civilians, family members and retirees are eligible to be submitted for the award. Awards should be submitted on the Air Force Form 1206, Nomination for award, in an original and four copies. Nominations should be five to 10 bullet statements highlighting the volunteer's most significant accomplishments within the January through March quarter.

All packages are due to the Family Support Center by April 6. For more information, call Elizabeth Kim at 634-2863.

Women's history month luncheon

A women's history month luncheon entitled, "Women sustaining the American spirit" is scheduled for Friday at 11:30 a.m. at Recce Point Club. The guest speaker is retired Maj. Gen. Alice Astafan. The lunch menu includes Caesar salad, meat lasagna, vegetarian lasagna, Mediterranean vegetables, garlic bread, assorted cheesecake desserts, coffee and tea.

The cost is \$12.50 for members and \$14.50 for non-members. Anyone who wishes to attend must sign up no later than Monday. For more information or to sign up, call 634-4114 or 634-3104 or see your unit first sergeant.

New Brown Bag University class

An Intro to Speech class from Brown Bag University will begin in August in the 9th Maintenance Squadron conference room in Building 1086. The class is offered by Yuba College and is held during lunch, four days a week for nine weeks. For more information or to sign up, e-mail brian.schick@beale.af.mil. A minimum of 15 people are needed.

0-0-1-3 Design Competition

The Beale 0-0-1-3 committee is holding a competition to design a street sign. The idea behind this competition is to promote, educate and remind the community on the benefits of

0-0-1-3. The winner will receive \$50.

The sign will be placed at the exit of some of the gates. Entries must be submitted no later than March 31. For more information or to submit a design, e-mail richard.potocki@beale.af.mil.

2006 Beale Club Softball Team

The tryout dates for those interested in playing for the 2006 Beale Club Softball Team are March 24 from 4 to 6 p.m. and March 25 from 10 a.m. to 1 p.m. For more information, call 2nd Lt. James Steger at 634-5053 or Tech. Sgt. James Kasch at 634-5499.

Free pizza

During March, anyone who visits a BloodSource center mobile blood drive to donate blood will receive a coupon for a free personal one-topping pizza from Round Table Pizza.

Coupons will be given to anyone who visits the Beale blood drive on Tuesday from 10 a.m. to 4 p.m. at the Omni. Donors must be at least 17 years old (16 with parental consent), weigh at least 110 pounds, and be in generally good health. For more information, call 893-5433.

Chapel job openings

The Chapel has openings for the following positions: pianist for the Protestant Praise service and two openings for child care providers. For more information, call Tech. Sgt. Greg

Volkman or Ch. (Maj.) Linda Olson at 634-4701.

TAP workshop

The next Transition Assistance Program workshop is scheduled for April 3 through 7, Monday from 8:30 a.m. to 4 p.m. and Tuesday through Friday from 8 a.m. to 4 p.m. The workshop is designed to help members make a smooth transition into the civilian community and find employment faster.

Members who are separating must also complete a mandatory pre-separation briefing. A draft resume is also needed for the workshop. The TAP will help people learn about VA benefits and have their medical record reviewed. For more information, call the FSC at 634-2863.

E-TAP workshop

This TAP seminar is open to senior enlisted (E-7 to E-9) and officers (O3 and above). Spouses can register and attend with military member. This workshop focuses on positions with higher level of responsibility and has medical record review plus VA benefits. For more information, call the FSC at 634-2863.

General Arnold Education grant

Anyone who has applied for the Air

see **COMMUNITY**, page 6

COMMUNITY from page 5

Force Aid Society General Arnold Education grant, by return mail may have gotten a packet with something called a Family Financial Data Form. It is a supplemental form seeking specific financial information and a grade point average verification form.

Do not neglect to fill these out; it is part 2 of the application. Complete both forms and mail them in right away. The receipt deadline is April 15. For more information, call the Family Support Center at 634-2863.

CPR class

The 9th Medical Group sponsors an Infant and Child CPR class on March 29 for anyone wishing to learn the skills of CPR and relief of airway obstructions. The class will be held in the clinic in the Clinic Conference Room from 5 to 7 p.m. Space is limit-

ed. Those who attend will receive a certificate of completion at the end of the class.

For more information or to sign up, e-mail Capt. Leah Holland at leah.holland@beale.af.mil.

Best of the Best from Air Force Families Cookbook

Quail Ridge Press is collecting recipes from military families to create a recipe book. Anyone who is or was in the Air Force is eligible to submit their favorite recipe. The final chosen recipes will be included in *Best of the Best from Air Force Families Cookbook*, to be published in the fall of 2007.

Each recipe contributed to the book will feature name beneath the recipe, city and state, as well as donor's relationship to the Air Force. Be sure to

include all of this information, along with your phone or email address. The deadline for submitting recipes is May 31. For more information, call Karen Tosten at (757) 867-8916. To submit a recipe mail to Karen Tosten, 122 Hedgerow Lane, Yorktown, VA 23693, or e-mail ktosten@cox.net.

Retiree Information desk volunteers needed

The Retiree Information desk in the lobby of the clinic is in need of two or three people for three-hour shifts Monday to Friday from 9 a.m. to 12 p.m. Any adult with an ID card is qualified. For more information leave a note in the clinic lobby or call John Lanigan at 821-0529.

Open house

The Wheatland Charter Academy's

open house is scheduled for March 30 from 5:30 to 6:30 p.m. at the Lone Tree Elementary School. The academy offers Montessori-style classes for children in grades kindergarten through fifth grade. For more information, call 788-2097 or 788-0248.

Project officer needed

A project officer is needed to plan an observance for Asian-Pacific American Heritage Month from May 1 to 31.

This month commemorates the contributions Asian Pacific Americans have made to society. Any enlisted, officer or civilian personnel interested must apply before April 1 at Military Equal Opportunity in Bldg. 2179. For more information, call MEO at 634-2077.

see **BRIEFS**, page 7

BRIEFS from page 6**Training**

The 9th Support Division will conduct Block I General Supply, IIA Bench Stock and IIB Repair Cycle training on Apr. 11 from 8 to 10 a.m., in Building 1086, room 527.

For issues concerning zero-overpricing, bench stock, equipment, research, records maintenance, Smart Card, etc., call Mike Garcia at 634-4661, Robert Griffin at 634-9496 or Debbie Schweitz at 634-2453 for assistance. Block III equipment custodian training is now done online at <https://online.aft.edu/msg> members need to enroll for equipment custodian training, if deploying as an equipment custodian member they will also need to take the deployed custodian training on the same Web site.

Home Buying Seminar

The FSC is holding a home buying seminar Wednesday from 6 to 7:30 p.m. Attendees can learn about advantages and disadvantages of home ownership, real estate agents, commissions, Veteran's Administration, Federal Housing Act, conventional and

adjustable rate mortgages, mortgage insurance premiums, private mortgage insurance, down payments, property taxes, closing costs, discount points and much more. For more information, call the FSC at 634-2863.

Bundles for Babies

The FSC is holding a Bundles for Babies class Thursday from 5 to 6:30 p.m. Any military member or dependent about to have a new baby is invited. Instruction includes tips on prenatal care, what to expect when expecting, financial changes and planning, avoiding fraud targeting new parents and coping with stresses of new parenthood. Students also receive the book, "Your Baby's First Year" and a special gift package with baby blankets, a crib sheet, diapers, outfits, a growth chart and more. For more information, call the FSC at 634-2863.

Temporary identification card service outage

The 9th Support Division Administration Support Flight's Customer Service Element will undergo maintenance

Tuesday between 7:30 a.m. and 1 p.m. During this period ID card services will not be available. All other services within the flight will be available. For more information, call 634-3187 or 634-5134.

Airman's Attic

The Airman's Attic is open to assist airmen basic to staff sergeants who are new to Team Beale or have unexpected family situations that arise, free of charge. Stop by 5114-A Tern Court (near the housing fire station) and see what they have to offer. The Attic is open Mondays and Wednesdays from 10 a.m. to 1 p.m. and Fridays from 10 a.m. to 4 p.m.

For emergencies, the Attic is available after hours through the unit first sergeants. Military ID cards are required at check in. Donations and volunteers are always needed. For more information, call 788-2993.

USDA food pickup

The USDA Food Pickup is held the last Friday of every month for Beale housing residents. All pickups are at

the Foothills Chapel in base housing. Pickup times are from 10 a.m. to 2 p.m. For information, call 634-5938.

Education Center

The Beale Training and Education Center offers an extensive array of on-base programs. The center is open Monday through Friday from 7:30 a.m. until 4:30 p.m. Call 634-2525 for more information or to schedule an appointment with a counselor.

Pediatrics now accepting new enrollments

The Pediatrics department now has enrollment openings for children. Enrollment is now open to children from birth to 16 years of age. Additionally, children with chronic medical conditions such as diabetes, asthma, developmental delays, ADHD or behavioral issues should be cared for by a pediatrician.

Stop by the Beale Clinic TRICARE Service Center to enroll. For more information, call Michael Smith or the Beneficiary Counselor and Coordinator at 634-4817.



Foothills Chapel

*15001 Camp Beale Highway
(Family housing area)*

Protestant "Praise" worship service
Sundays, 9 a.m.

(includes "Parents' Nursery" and
children's church)

Catholic Mass

Sundays, 10:30 a.m. and 5 p.m.

Catholic Reconciliation

Sundays, 10 a.m. and 4 p.m.

Catholic daily Mass

Mondays through Fridays, 11:30 a.m.

Valley Chapel

6199 C St. (Main base)

Islamic worship

Every other Friday, 1 p.m.

Gospel Protestant worship service

Sundays, 11 a.m.

(includes children's church)

Protestant Programs: Sunday School (10:30 a.m.) at Lone Tree Elementary. AWANA on Mondays and JV-Varsity on Tuesdays, 6-8 p.m. at Foothills Chapel. Protestant Youth meets Tuesdays at 5:30 p.m. at the Valley Chapel and Sundays at 6:30 p.m. at Foothills Chapel.

Protestant Bible Study Groups: Men - Second & fourth Sunday, Valley, 5 p.m. and Wednesday, Valley, 7 p.m. Women - Tuesday, 9-11 a.m. Foothills (children welcome) Thursday, 6:45 to 8 p.m., Valley.

Catholic Programs: Religious Education - preschool-12, Sundays 9 a.m. at Lone Tree Elementary School. RCIA, Catholic Youth, CWOC, CMOC and Adult Bible Study call Leila at 634-4707.

MOPS (Mothers of Preschoolers): Second & fourth Thursdays at Foothills Chapel.

Questions concerning marriages, baptisms, choirs, Navigators, and Officer Christian Fellowship can be directed to the chapel staff at 634-4701.

Beale Bijou

634-2521



Friday evening Nanny McPhee (PG)

Emma Thompson, Colin Firth

A new nanny enters the household of the recently widowed Mr. Brown and attempts to tame his seven exceedingly ill-behaved children. The children, led by the oldest boy Simon, have managed to drive away 17 previous nannies and are certain that they will have no trouble with this one. But as Nanny McPhee takes control, they begin to notice that their vile behavior now leads swiftly and magically to rather startling consequences.



Saturday matinee Rugrats Go Wild (PG)

Animated

The Rugrats go on an exotic adventure, where they're helped by the Thornberrys, a family that travels the world making documentaries. Their daughter, Eliza, has the ability to talk to animals.



Saturday evening Annapolis (PG-13)

James Franco, Jordana Brewster

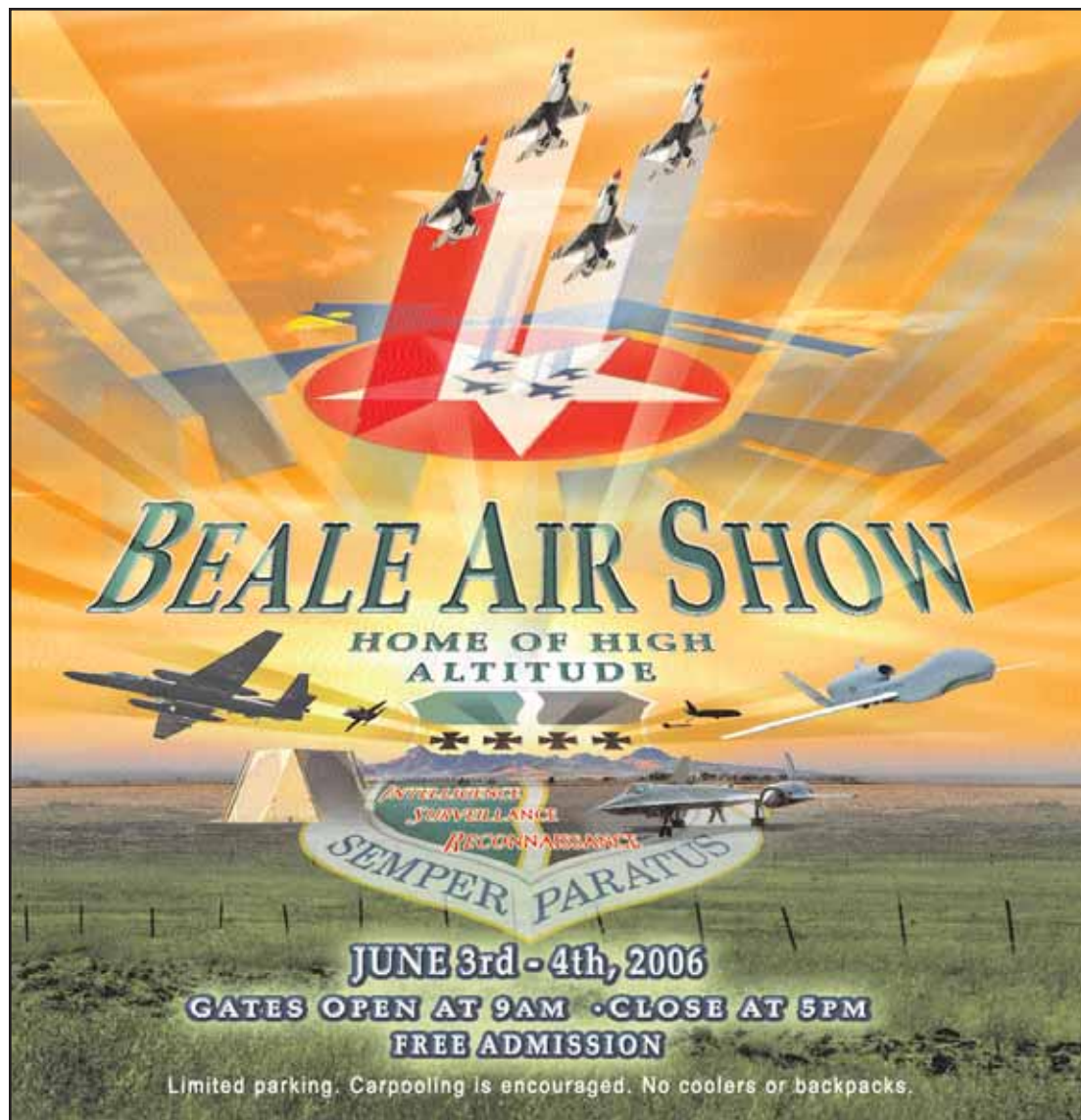
A young man from the wrong side of the tracks has his dream come true when he is accepted to the Naval Academy. But once there he is not sure he measures up against the best and the brightest.



Wednesday 6 p.m. Matador (R)

Pierce Brosnan, Greg Kinnear

When a traveling salesman, Danny Wright, accidentally meets up with Julian Noble, a hit man, at a Mexico City bar, their subsequent evening together intertwines their lives in an unexpected, but lasting bond.



Matinees play at 1 p.m.

Evening movies play at 7:30 p.m.

unless otherwise specified.

The cost is \$3.50 for adults & \$1.75 for children.

Saved by the Bill...

G.I. Bill, other programs available to make college affordable

By Airman Robert Biermann
9th RW Public Affairs

In today's society, a college degree may mean a difference of thousands of dollars in pay and better placement in the workforce. However, college can be pricey.

"There are so many wonderful opportunities that people can take advantage of in order to pay for their college," said Judy Lewis, base training and education services flight chief. "Many people sign up for classes without ever talking to someone about the benefits that are available to them. Many won't go to school because they don't think they can afford it."

In fiscal year 2005, the education center gave over \$1.4 million in Air Force Tuition Assistance to active-duty military and Air Combat Command civilians. In the fall of 2005 and spring of 2006, military members and dependants attending Yuba College received over \$400,000 in federal and state financial aid.

"We've had many students who have filled out financial aid requests and received money not only to pay for their schooling, but their books as well," said Susan Downing, Campus Operations Director for Yuba College at Beale.

There are several ways to apply for financial aid.

Web sites such as www.fafsa.ed.gov and www.studentaid.ed.gov are online versions of the United States Department of Education's Free Application for Federal Student Aid. Schools use information from the FAFSA to determine if a student qualifies to receive federal student aid from grants, loans and work-study programs.

"Grants are great because it's money that is given to the student, whereas a loan has to be paid off," Ms. Downing said. "Most students who apply do qualify for grants."

The earliest the FAFSA can be completed is Jan. 1 for the following academic year.

"The application may seem hard, but we have worksheets to inform students of the information they'll

need to complete it," Ms. Downing said. "It's such a painless process when you think of all the rewards you could receive."

Another opportunity for financial aid is tuition assistance.

With TA, military members can receive up to \$4,500 per fiscal year. The Air Force will pay up to \$250 per semester hour or \$166.67 per quarter hour college credit. Any tuition costs above these must be paid by the servicemember.

"Many DOD civilians don't realize they're eligible for Tuition Assistance along with active duty military members," Ms. Lewis said.

Air Combat Command permanent civilian appropriated fund employees can receive up to \$3,500 per fiscal year. TA can not exceed 75 percent of tuition and fees; up to a maximum of \$187.50 per semester hour, \$124.50 per quarter hour or a maximum of \$562.50 for a three semester hour or \$373.50 for a three quarter hour class.

"Since receiving TA is a privilege, members must adhere to a basic rule," Ms. Lewis said. "If a student voluntarily withdraws from their course or courses or receives a failing grade, they must reimburse the Air Force for the total cost of the class."

Military members who signed up for the Montgomery GI Bill can begin taking advantage of their benefits as early as two years time-in-service.

"The MGIB provides up to 36 months of full-time educational benefits to eligible veterans," Ms. Lewis said. "If an individual is active duty, the MGIB should probably be used as a last resort because there are so many other wonderful aid options that are only available while on active duty. The MGIB can also be used up to 10 years after the member separates."

The MGIB currently grants about \$38,000 worth of education benefits, in exchange for an enlistment period of at least three years in the United States military, along with a reduction in pay of \$1,200 for the first year of service.

Along with the MGIB is the

MGIB Top-Up Program and \$600 buy-in or "kicker."

"Top-Up is an MGIB program which reimburses eligible Air force members for the student portion of tuition costs which are above the \$250 per semester hour paid by Air Force TA," Ms. Lewis said.

The buy-in allows members to contribute an additional \$600 to MGIB which transforms into \$5,400 in benefits when used. More information on the MGIB is available at visit <http://www.gibill.va.gov>.

There are also many aid opportunities for military family members.

The Air Force Aid Society General Henry H. Arnold Education Grant Program provides grants to selected sons and daughters of military members.

Since its birth in the 1988-1989 academic year over 74,500 grants have been awarded to family members averaging \$1,500 per grant. More information is available at <http://www.afas.org/education>.

Spouses studying toward professional certification or attending post-secondary or graduate school can apply for the National Military Family Association Military Spouse

Scholarship. The scholarships are normally awarded in the amount of

\$1,000 and applications can be found at <http://www.nmfa.org/scholarships2006>.

"If you're a confident test-taker you may just want to take a CLEP, DANTES or Excelsior test to test out of a class," Ms. Lewis said. "Some individuals have tested out of 30 of their needed 64 credits for their CCAF degree."

The College Level Examination Program is free to military members. Civilians must pay \$75.

Dantes Subject Standardized Tests are not timed and no points are deducted for incorrect responses. DSSTs are free to military members but civilians and dependants must pay \$60.

Excelsior College Examinations are also free to military. Civilians, retired military and family members can call the Yuba College testing office at 741-6864 to schedule a test. For more information on ECE, visit http://www.excelsior.edu/pub_page.htm#esg.

"Yuba College is a registered National Testing Center and CLEP examinations must be scheduled and taken through them," Ms. Lewis said.

For more information about schooling, financial aid or testing, call the education center at 634-2525.

Web site list

FAFSA
www.fafsa.ed.gov
www.studentaid.ed.gov

MGIB
www.gibill.va.gov

AFAS
www.afas.org/education

MSS
www.nmfa.org/scholarships2006

Excelsior
www.excelsior.edu/pub_page.htm#esg

5 out of the last 7 alcohol related incidents were in 9th Mission Support Group



9 AMXS



9 CS



9 CS



9 SFS



9 MUNS



9 LRS



9 LRS



THINK
0-0-1-3

Use a
Designated Driver

CALL
B.A.A.D.D.

Designated Drivers, BAADD and 0-0-1-3 all work to keep you out of trouble... the last Airman with a DUI received an Article 15, loss of a stripe, a reprimand and \$500 fine. Alcohol abuse affects everyone...

Enter Beale's funny photo caption contest!

Be a featured caption writer for this week's photo. The author whose caption receives the most laughs from the judges will have their caption published in next week's High Flyer. Here's how to enter:

1 Write an imaginative, humorous, appropriate caption for the featured photo.

2 E-mail entries to high.flyer@beale.af.mil or fax entries to 634-8895 by noon Tuesday.

3 To be eligible, you must include the photo number of the contest on your entry. Also, please include your name and commercial phone number.

4 Contest winners are announced weekly.

5 All entries become property of the High Flyer.



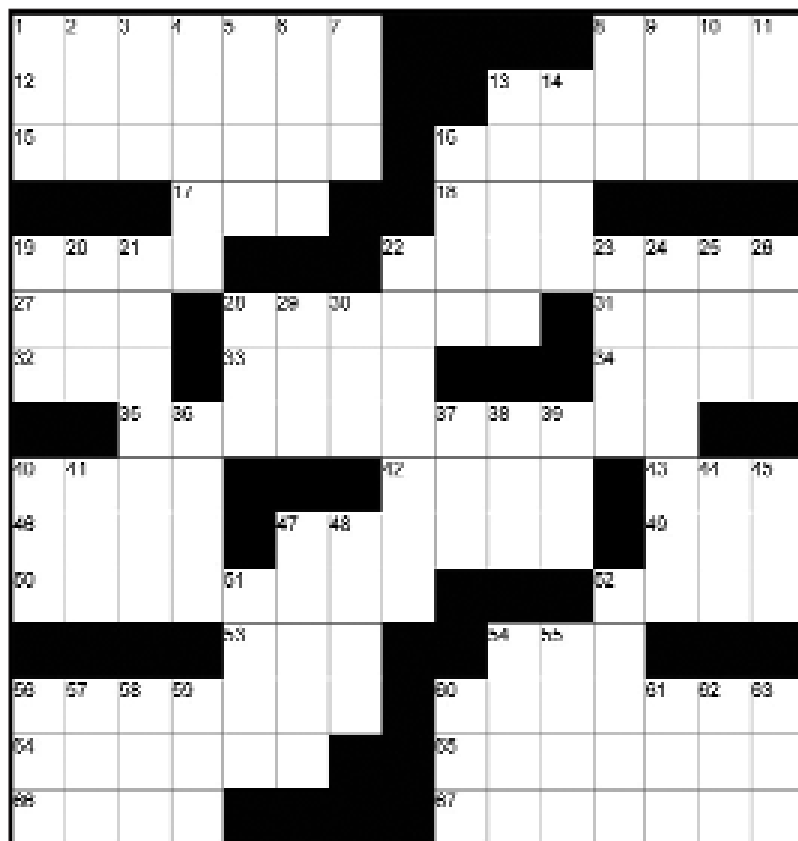
Photo 10

Last week's winner: "Light years before Buck Rogers or the 25th Century, Team Beale rolls out its own prototype android, Twiki!" *Beede Beede Beede*" (Tech. Sgt. James Beamon, 9th RW)



Photo 10

E-mail submissions to
high.flyer@beale.af.mil



Old Blood & Guts

By Capt Tony Wickman
71 Flying Training Wing Public Affairs

ACROSS

1. Part 1 of George S. Patton quote
8. Scottish Highlander
12. Useless
13. Prone to do
15. Betrayal
16. Most loving of
17. Mao ___-tung
18. Dine
19. BBQ items
22. Part 2 of George S. Patton quote
27. Lode
28. Hills
31. Jab
32. Gamble
33. Fever Pitch actress Skye
34. Granola
35. Part 3 of George S. Patton quote
40. Central Europe river
42. Command or hitching
43. Public TV station
46. Palm product
47. Warns
49. Giant Manning
50. Dug under

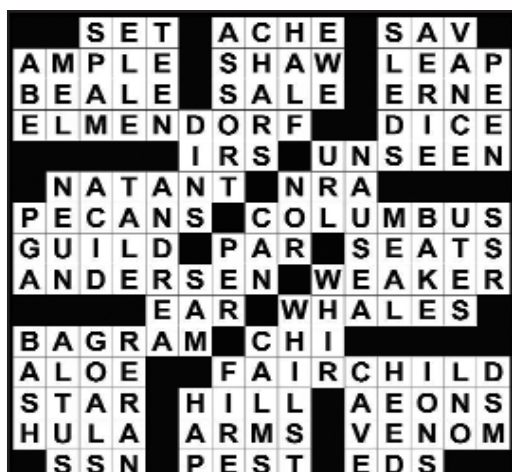
52. Mil. uniforms
 53. Non-mil. grade on RAB
 54. Tarzan, once
 56. Part 4 of George S. Patton quote
 60. American crocodilians
 64. Part 5 of George S. Patton quote
 65. Turkey neighbor
 66. ___ Domini
 67. Foot problem
- ### DOWN
1. Humor
 2. NORAD region
 3. Lament
 4. ERA, RBI, etc.
 5. Young lady
 6. Healing plant
 7. Desire
 8. Gallivant
 9. "Honest" president
 10. Golfer Ernie
 11. Permit
 13. Idles
 14. 2005 Alba movie ___ the Blue
 16. Grope
 19. Steal
 20. Anger
 21. Amid
 22. Edited out
 23. Once ___ a time...

24. Clutched
25. Spicy
26. Football scores
28. Packaged set
29. Classical Japanese drama
30. Former mil. mission in Turkey
36. Cast or angle
37. CC's work area
38. Standard time in 8th zone west of Greenwich, UK
39. USAF commissioning source
40. Giant great
41. Singer Hill
44. Singer Cantrell
45. Bro's sib
47. UFO flyer
48. Tax
51. Resound
52. End of George S. Patton quote
54. Royal title
55. Peruvian capital
56. Sheep sound
57. Vase
58. X, to Cicero
59. 2005 Pacino movie ___ for the Money
60. Headgear
61. Picnic pest
62. Are We There Yet? Actress Long
63. PJ mission

Solutions to last week, Page 13

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0
1
3

Solutions to the March 10 puzzle



Comm crushes cops, 51-29

By Airman Robert Biermann
9th RW Public Affairs

The 9th Communications Squadron defeated the 9th Security Forces Squadron 51-29, in a fast-paced over-30 intramural basketball game at the Harris Fitness Center on March 10.

"We weren't on top of our game," said Tanya Payton, 9th SFS coach. "Our defense was fine, but offensively we weren't clicking. We'll have it together in the playoffs."

The first few minutes of the first half were close and intense until comm stepped things up a notch and outscored the cops 17-2, finishing out the first half, ahead 27-12.

Guard Pete Eichhorst lead comm in the first half, scoring a total of 8 points with three 2-pointers and two free throws. With power forward Rodney Gray's 7 points, a devastating 15-point blow was inflicted on the cops.

"I was really proud of how our team played today," Eichhorst said. "We came out with a lot of intensity knowing that this game was likely

going to determine whether or not we made it into the playoffs."

Center Christopher Wilson also contributed heavily to comm's offense in the first half by scoring 6 points. The first three minutes of the second half had no results for either team until the cops' John Florendo sank a three-pointer to get that ball rolling. Florendo scored 8 points in the second half coming by way of two 3-pointers and one 2-pointer.

The cops did keep a close tie on comm's scoring, however they were unable to outscore them.

"We played a hard game today," said James Kasch, comm's coach. "A few free throws would have been the difference in a winning season, but I'm proud of the few who have played and were faithful. I look forward to next year."

The Over-30 finals are scheduled to begin Monday at 11 a.m. at the Harris Fitness Center with the 9th Services Squadron versus the 9th Communications Squadron.



James Kasch shoots a free-throw during the 9th Communications Squadron's over-30 intramural basketball game against the 9th Security Forces Squadron on March 10.

(Photo by Airman Robert Biermann)

To Honor with Dignity

They are not forgotten! The **Air Force Honor Guard** makes sure of that. The men and women who served; veterans, active duty and retired are remembered and given acknowledgement for their service to the country and dedication to the Armed Services. The young women and men who serve in the Honor Guard are all volunteers. They do not wear name tags nor do they receive any formal recognition. They don't do it for the recognition; they do it for self gratification.

Their mission is to perform standardized military funeral honors for active duty, retired and veteran personnel. Their area of responsibility includes over 30 counties in Northern California, Northwest Nevada and Southern Oregon.

The Honor Guard team is split into 3 flights (Red, White & Blue). Each flight has a standard 2 week training program which is designed to increase ceremonial readiness and effectiveness. Training continues regularly throughout the rota-

tions. This prepares each member for the performing of funeral honors as well as performing at several local functions and ceremonies.



Honor Guard benefits include \$600 in uniforms, free dry cleaning, special BX & Commissary parking decals, and more. Honor Guard members also receive an AFAM after one year of service and are competitive candidates for Senior Airmen below the zone.

The motto, 'To Honor with Dignity' best represents the mission of the USAF Honor Guard.

Additionally, the Air Force Honor Guard represents every man and woman in the Air Force, past and present, in ceremonial functions. They also are involved in many local activities like parades and official ceremonies. Just last week-end they marched in the Bok Kia Parade in Marysville, flying their colors with dignity. If you feel you have what it takes, the desire, the pride and commitment to becoming a Beale AFB Honor Guard, call SSgt Justin Holmby at 634-2769.

HONOR GUARD CREED

Handpicked to serve as a member of the Beale AFB Honor Guard, my standard of conduct and level of professionalism must be above reproach, for I represent all others in my service.

Others earned the right for me to wear the ceremonial uniform, one that is honored in a rich tradition and history. I will honor their memory by wearing it properly and proudly.

Never will I allow my performance to be dictated by the type of ceremony, severity of the temperature, or size of the crowd. I will remain superbly conditioned to perfect all movements throughout every drill and ceremony.

Obligated by my oath I am consistently driven to excel by a deep devotion to duty and a strong sense of dedication.

Representing every member, past and present, of the United States Air Force, I vow to stand sharp, crisp, and motionless, for I am a ceremonial guardman.

COLOR-RAMA
Cosmic Bowling
 Win \$\$\$ by Striking
 a Colored Pin!
 Every 4th Friday
 7pm-Midnight

\$20
 entry fee

BEALE
LANES
 634-2299

TICKETS AVAILABLE!

 **GIANTS**

CALL 634-4882 FOR DETAILS

WANTED!
Certified Aerobics
Instructor

The Harris Fitness Center is looking for an energetic, certified aerobics instructor. Must have a current CPR Certificate. Call 634-2258 for details.

Youth Center
Corner

SOCK HOP
AND
ICE CREAM
SOCIAL

March 24th
 6:30-9:30pm

Wear the craziest socks you have
 and dance to kiddy hop music!

45 members • 47 non-members
 For ages 5-8 years

Youth
Center
 634-4953

EMPLOYMENT
Opportunities

| | |
|---------------------------------|-----------------------------------|
| Cashier/Clerk | Beale Point Child Care/Lanes/Book |
| Child Development Program Asst. | CDC |
| Outcall Worker | Lodging |
| Food Service Worker | CDC |
| Lifeguard | Pools (CDC) |
| Recreation Mtl | Outdoor Activities Center |
| Sales Clerk | Auto Hobby |
| Swim Instructor | Pools (CDC) |
| Training Specialist | Off Services Squadron |

NAF These jobs list positions are available. Internal preference will be given to all applicants.

RECRUITING PHONE NUMBER: 634-22514
 www.beale.afmilitary.com/na/na.htm

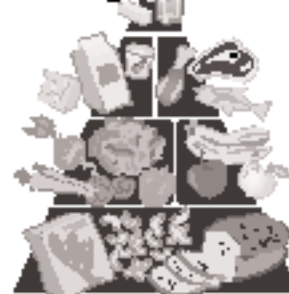
Your Wish Is Our Command!

The Auto Hobby Center has extended its hours for your convenience.

Tuesday, Wednesday & Thursday 9:00am - 9:00pm
 and Sunday 9:00am - 5:00pm

Also...starting April 15th they will start their new quarterly "Full Throttle" program for those big automotive projects of yours. Call the Auto Hobby Center at 634-2296 for details.

Keep your body fit!



Signup today for a
NUTRITION CLASS

A basic nutritional principles class will be held the first and last Friday of each month from 12:30-1:30pm in the Aerobics Room at the Fitness Center. Call the Fitness Center at 634-2258 for details.

Friday Night Dining at the Club has a new menu and a more family-friendly atmosphere

The **Reece Point Club** wanted to do something different for Friday Night Dining so they gave it a new name, a different ambiance, and a new menu. Friday night dining is now called, **"Dining at the Point"** with a more relaxed and casual atmosphere. Their new menu is full of delicious and sumptuous foods that are reasonably priced and more family-friendly.

The appetizer choices include mozzarella cheese sticks, chicken tenders, and Buffalo wings. They also have large stuffed mushrooms and breaded artichoke hearts. The



The menus at The Point are comparable to that of Chili's or T.G.I. Fridays

Point offers a wide variety of sandwiches and burgers. Their entrees are perfectly proportioned and mouth watering, offering prime rib, New York strip steak, chicken fried steak, salmon, shrimp, and more. Let's not forget their exquisite desserts of chocolate decadence and New York-style cheesecake. They offer cocktails and have a very impressive wine list.

Be sure to stop by the club and check out the new menu at the Club on Friday nights from 5:00-7:30pm. Show your club card and receive \$2.00 off each adult meal.

Family Night Celebrates YOUTH ARTS



March 29 • 5:00-7:30pm

Join us for an night of creative fun and be sure to have your child dressed for mess!

Club members \$1 • \$7.95 non-member adults

Call the Reece Point Club for details • 634-4948

GREAT OUTDOOR adventures!

ACC Family Overnighter at Lake Francis Resort

Friday, April 7th-9th • **SIGN UP DEADLINE:** April 3rd

A-Frame Cabin: \$75 family of 4 (\$5 each addl. person; 6 persons max.)

Rustic Cabin: \$65 family of 4 (\$5 each addl. person; 6 persons max.)

Tent Sites: \$45 family of 4 (\$5 each addl. person; 6 persons max.)

Join OAC for two nights and three days at beautiful Lake Francis Resort located in the foothills of the Sierra Nevada. Choose from a variety of sleeping accommodations that include rustic cabins, A-frame cabins, or tent sites. This allows you to determine just how much nature you and your family want to experience. Many of the necessary camping necessities will be provided for your family, including, sleeping bags, stoves, tents, lanterns, coolers. OAC will also bring along kayaks, canoes and other miscellaneous outdoor equipment available for your family's enjoyment. The resort has its own private lake and there are numerous trails for hiking adventures. For more information on the area please visit the resort's website at <http://www.lakefrancisrv.com>. Prices shown on the website are not the prices associated with this trip.

This is an INCREDIBLE deal—space is limited so don't miss out!

OUTDOOR ADVENTURE CENTER • 634-2054

What's happening on Saint Patrick's Day?

Corned Beef & Cabbage Lunch Special



Group reservations encouraged!

Reserve by March 15 • No shift this day!

red & gun club • 733-2473



St. Patty's Party

Starting at 6:00pm

Green Beer • Traditional Irish Buffet

FREE for members • \$5 non-members

coyote pub & grill • 634-4943

St. Patrick's Day Bowling Deals

Corned Beef and Cabbage \$5.50 10 pitchers of Beer

\$1 Per Game
 Shoe Rentals

10:00am-7:00pm

beale lanes • 634-2299

GREEN CORNED BOWLING

\$8 Per Hour
 Per Lane

7:00pm-Midnight

St. Patrick's Day Dance

6:30-9:30pm

\$3 for members • \$5 non-members

Tweens will enjoy a night of dancing & fun!

youth center • 634-4953

